

**EPI Update for Friday, May 25, 2018**  
**Center for Acute Disease Epidemiology (CADE)**  
**Iowa Department of Public Health (IDPH)**

**Items for this week's EPI Update include:**

- **Consider cyclosporiasis in patients with consistent symptoms**
- **Summer mosquito surveillance underway in Iowa**
- **Trends in ED visits for antibiotic-related adverse drug events**
- **Summertime safety tips**
- **Ebola in the Democratic Republic of Congo**
- **In the news: When a mystery outbreak strikes, who you gonna call?**
- **In the news: 10 dead from Nipah virus in Southern India**
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**Consider cyclosporiasis in patients with consistent symptoms**

*Cyclospora* cases tend to increase in the summer months, and there have been several cases reported in central Iowa in recent weeks. Healthcare providers should consider cyclosporiasis in patients presenting with persistent watery diarrhea, loss of appetite, cramping, bloating, gas, nausea, and fatigue. If untreated, symptoms can persist for several weeks to months. Some symptoms, such as diarrhea, can return; and some symptoms, such as muscle aches and fatigue, may continue after the gastrointestinal symptoms have gone away. The infection usually is not life threatening.

If Cyclosporiasis is suspected, please collect a stool specimen and request *Cyclospora*-specific testing (such as the special acid-fast stain that is needed to identify *Cyclospora* oocysts or PCR testing).

Cases of cyclosporiasis are required to be reported to public health. Public health investigates all reported cases to identify possible sources.

For more information on cyclosporiasis

visit: <https://www.cdc.gov/parasites/cyclosporiasis/index.html>

**Summer mosquito surveillance underway in Iowa**

IDPH is partnering with ISU's Medical Entomology Laboratory and 15 local health departments throughout the state to trap and identify mosquitoes this summer. The surveillance helps identify which species of mosquitoes are present in Iowa and their abundance. Species of mosquitoes that may carry West Nile virus are sent to the State Hygienic Laboratory where they are tested for the virus. In 2017, over 147,000 mosquitoes were collected and the State Hygienic Laboratory tested nearly 15,000 mosquitoes for West Nile virus infection.

For more information on the Iowa Mosquito Surveillance Project, including mosquito data, visit [mosquito.ent.iastate.edu/](http://mosquito.ent.iastate.edu/).

For information on mosquito-borne diseases in Iowa, visit [idph.iowa.gov/cade/vectorborne-illness](http://idph.iowa.gov/cade/vectorborne-illness).

### **Trends in ED visits for antibiotic-related adverse drug events**

A new study revealed that antibiotic-related adverse drug events (ADEs) lead to 145,000 adult Emergency Department (ED) visits in the U.S. each year. Young adults (20-34 years) visited the ED for antibiotic-related ADEs related to oral antibiotics use twice as often as older adults ( $\geq 65$  years).

Antibiotics save lives, and when antibiotics are needed, the benefits usually outweigh the risks. When prescribing or taking antibiotics, consider the possible side effects - it's one way to ensure smart antibiotic use and best patient care. Healthcare professionals and patients should communicate about risks and common side effects of antibiotics, including rash, dizziness, nausea, diarrhea and yeast infections - as well as more serious side effects like *C. difficile* infection and severe or life-threatening allergic reactions.

For more information on the study, visit [link.springer.com/article/10.1007%2Fs11606-018-4430-x](http://link.springer.com/article/10.1007%2Fs11606-018-4430-x).

### **Summertime safety tips**

Remind patients to stay safe when temperatures and humidity are high; tips include:

- Increase fluid intake, regardless of your activity level.
- If experiencing a lot of sweating, replace salt and minerals by eating foods like bananas and salty crackers or drinking rehydrating beverages.
- Wear lightweight, light-colored, loose-fitting clothing and use sunscreen.
- Wear hats that shade your face.
- Keep in the shade or air conditioned areas as much as possible.
- Work slowly if you are not used to working or exercising in heat and humidity. Stop immediately if you get dizzy, nauseated or feel weak.
- Use a buddy system. Watch others for heat-induced illness.

General summer safety guidelines can be summarized with the word SHADE:

- S – Sunscreen. Put on sunscreen with a sun protective factor (SPF) of 15 or higher and reapply throughout the day.
- H – Heat safety. Drink lots of water and other non-alcoholic, sugar-free fluids; wear lightweight, loose-fitting clothing when outdoors, especially when active; and stay in the shade or air conditioning when possible.
- A – Animal contact. Remember to wash your hands after touching animals at places like petting zoos or county fairs. Avoid stray and wild animals; they may carry diseases like rabies.
- D – DEET. To prevent being bitten by ticks and mosquitoes that can carry diseases like Lyme disease and West Nile virus, use insect repellent with DEET (follow the label directions when using, especially on children).

- E – Eating outdoors. Cook food thoroughly. Keep cold foods cold and hot foods hot.

For more information about hot weather health, visit [www.cdc.gov/Features/ExtremeHeat/](http://www.cdc.gov/Features/ExtremeHeat/).

### **Ebola in the Democratic Republic of Congo**

The Ebola outbreak in the Democratic Republic of Congo is continuing. According to the World Health Organization, there are several characteristics of particular concern:

- the risk of more rapid spread given that Ebola has now been found in an urban area
- there are several outbreaks in remote and hard to reach areas
- health care staff have been infected, which may be a risk for further spread

However, there are several factors that may help control spread of the outbreak. These include the current rapid and comprehensive response; multiple interventions underway (e.g., enhanced surveillance, deployment of mobile laboratories); and advanced preparations for use of an investigational vaccine.

There are currently no recommended travel restrictions in place, as the risk to most travelers is low.

For more information about Ebola in the Democratic Republic of Congo, visit [wwwnc.cdc.gov/travel/notices/watch/ebola-democratic-republic-of-the-congo](http://wwwnc.cdc.gov/travel/notices/watch/ebola-democratic-republic-of-the-congo).

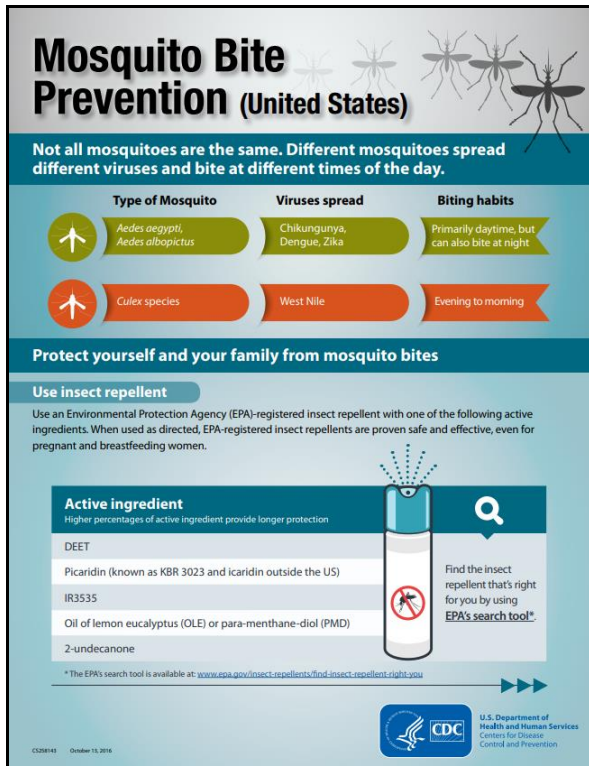
### **In the news: When a mystery outbreak strikes, who you gonna call?**

[www.npr.org/sections/goatsandsoda/2018/05/04/606345319/when-a-mystery-outbreak-strikes-who-you-gonna-call](http://www.npr.org/sections/goatsandsoda/2018/05/04/606345319/when-a-mystery-outbreak-strikes-who-you-gonna-call)

### **In the news: 10 dead from Nipah virus in Southern India**

[www.npr.org/sections/thetwo-way/2018/05/22/613268790/10-dead-from-nipah-virus-in-southern-india](http://www.npr.org/sections/thetwo-way/2018/05/22/613268790/10-dead-from-nipah-virus-in-southern-india)

### **Infographic: Mosquito bite prevention**



To view in full size, visit  
[www.cdc.gov/chikungunya/pdfs/fs\\_mosquito\\_bite\\_prevention\\_us.pdf](http://www.cdc.gov/chikungunya/pdfs/fs_mosquito_bite_prevention_us.pdf).

**Meeting announcements and training opportunities**  
 None

**Have a healthy and happy week!**  
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